



Instructions for Surgical Wound Care

1. Keep the surgical site completely dry for 24 hours.
2. Starting tomorrow, remove the bandage and gently clean wound with a Q-tip or gauze moistened with hydrogen peroxide or sterile saline.
3. Keep the wound site moisturized at all times with Aquaphor, Vaseline, or antibiotic ointment. The best way to minimize scarring is to never let the wound site go dry.

Frequently asked questions:

For pain: Take (over the counter) Tylenol as directed on the bottle. Aspirin and Ibuprofen and other pain medications can cause an increased chance of bleeding and should be avoided if possible. Any discomfort from the surgery typically greatly decreases in about a day.

For bleeding: Keep firm, steady pressure to the wound site for 15 minutes, without peeking. If bleeding continues despite this, please call the office.

For bruising: Some swelling and bruising around the wound site is normal, but if a large purple bruise forms in the treated area, please call the office.

For possible infection: The signs of infection are persistent: severe pain, redness, swelling, and discharge. A normal wound can take 2-4 weeks or more to heal. If you suspect a wound infection, please call the office.

Exercise can be resumed as tolerated, as long as it doesn't produce tension on the wound site. Any excessive tension may stretch the wound or tear the stitches and create increased scarring.

A clean bandage can be reapplied to the wound site daily after gentle cleansing in the shower. Do not soak in tub, pool, or bath.

Please call the office at (818) 889-2739 if you have any additional questions.